A Curious Treatise OF The Nature and Quality OF CHOCOLATE.

VVritten in Spaniſh by ANTONIO COLMENERO, Doctor in Phyſicke and Chirurgery.

And put into Engliſh by *Don Diego de Vades-forte.*



Imprinted at *London* by *J. Okes*, dwelling in Little St. Bartholmewes. 1640.

BRITISH MUSEUM

To the Right Honourable EDWARD Lord Viſcount CONWAY and KILLULTAH; Baron of RAGLEY; Lord Marſhall of the Army, and Privy Counſellour of IRELAND; and one of the Counſell of Warre to His MAIESTY of GREAT BRITTAINE.

MY LORD,

THis Stranger, who hath newly learnt the Engliſh Tongue, dares not venture himſelfe in Publick, without a Patronage; which, with all humbleneſſe, he intreats of Your Lordſhip. The great Affection, Your Lordſhip hath ſhewne to the Spaniſh Language; and the Benignity, wherewith You are pleaſed to entertaine whatſoever reliſheth of Art, or Ingenuity; makes him hope, You will not refuſe Your Favour and Protection to one of that Nation.

Nor knowes he, where to shelter himselfe with so much safety; the Eminence of Your Person, and Judgement, being of power to secure him, from all petulant and malicious Exceptions. Be pleased then, my Lord, to receive him with Favour: So may those Excellent, and Naturall Beauties *of this happy Isle (who shall haue either Health or Pleasure, from this* Confection) *be ever serene, and gratefull to Your Lordship; presaging encrease of Honour, and all Felicity, answerable to the humble Devotion, and hearty Prayers of*

Your Lordships

most obedient, and
obliged Servant

Don Diego Vades-forte.

The

The Allowance of *Melchor de Lara*, Physitian Generall for the Kingdome of *Spaine*.

I Doctor *Melchor de Lara* Physitian Generall for the Kingdome of *Spaine*, at the command of *Don John de Velasco*, and *Asebedo*, Vicar Generall of *Madrid*, have seene this Treatise of *Chocolate*, composed by *Antonio Colmenero* of *Ledesma*; which is very learned, and curious; and therefore it ought to be Licensed for the Presse; it containing nothing contrary to good Manners; and it cannot but be very pleasing to those, who are affected to *Chocolate*. In testimony whereof, I have subscribed my Name, in *Madrid* the 23. day of *August*. 1631.

Melchor de Lara.

The

The Teſtimoniall of *John de Mena*, Doctor and Phyſitian to the King of *Spaine*.

I Iohn de Mena, *Phyſitian to his Maieſty, and one of the Counſell Generall of the Inquiſition, have ſeene this Treatiſe of* Chocolate *(compoſed by Doctor* Antonio Colmenero *of* Ledeſma*) by command of the* Supreame Royall Court of Iuſtice: *which containeth nothing contrary to good Manners, and the Subiect is very learnedly handled, and with great Iudgement; and no doubt, but it will give much pleaſure and content to all thoſe, who are affected to* Chocolate; *and therefore may be printed: And in confirmation of this truth, I have hereto ſubſcribed my Name the* 17. *of* Septemb. 1631.

John de Mena *Doctor in Phyſicke.*

To the Reader.

THe number is ſo great of thoſe, who, in theſe times, drinke *Chocolate*, that not onely in the *Indies*, where this kinde of Drinke hath its orignall; but it is alſo much uſed in *Spaine*, *Italy*, and *Flanders*, and particularly at the Court. And many doe ſpeake diverſly of it, according to the benefit, or hurt, they receive from it: Some ſaying, that it is ſtopping: Others, and thoſe the greater part, that it makes one fat: Others, that the uſe of it ſtrengthens the ſtomacke: Others, that it heats, and burnes them: And others ſay, that although they take it every houre, and in the Dog-dayes, yet they finde themſelves well with it. And therefore my deſire is, to take this paines, for the pleaſure, and profit of the publicke; endeavouring to accommodate it to the content of all, according to the variety of thoſe things, wherewith it may be mixt; that ſo every man may make choiſe of that, which ſhall be moſt agreeable to his diſpoſition. I have not ſeen any, who hath written any thing, concerning this drinke; but onely a Phyſitian of *Marchena*, who (as it ſeemes) writ onely by Relation; holding an opinion, that the *Chocolate* is ſtopping, becauſe that *Cacao* (the principall Ingredient of which it is made) is cold, and dry. But becauſe this onely reaſon, may

not

not have power to keepe some from the use of it, who are troubled with Opilations. I thinke fit to defend this *Confection*, with Philosophicall Reasons, against any, whosoever will condemne this Drinke, which is so wholesome, and so good, knowing how to make the Paste in that manner, that it may be agreeable to divers dispositions, in the moderate drinking of it. And so, with all possible brevity, I shall distinguish and divide this Treatise into foure poynts, or Heads. In the first place I shall declare, what *Chocolate* is; and what are the Qualities of *Cacao*, and the other Ingredients of this *Confection*; where I shall treate of the Receipt set downe by the aforesaid Author of *Marchena*, and declare my opinion concerning the same. The second point shall treat of the Quality, which resulteth out of the mixture of these Simples, which are put into it. In the third place, the manner of Compounding; and how many wayes they use to drinke it in the *Indies*. In the fourth, and last place, I shall treate of the Quantity; and how it ought to be taken; at what Time; and by what Persons.

The first Point.

COncerning the first Point, I say, that *Chocolate* is a Name of the *Indians*; which in our vulgar *Castilian*, we may call a certaine *Confection*, in which (amongst other Ingredients) the principall *Basis*, and Foundation, is the *Cacao*; of whose Nature and Quality it is necessary first to treat: And therefore I say, according to the common received opinion, that it is cold, and dry, *à prædominio*; that is to say, that though it be true, that every Simple containes in it the Qualities of the foure Elements, in the action, and re-action, which it hath in it, yet there results another

another distinct Quality, which we call Complexion.

This Quality, or Complexion, which ariseth of this Mixture, is not alwayes one, and the same; neither hath it the effect, in all the mixtures, but they may be varied nine wayes; foure *Simple*, from whence one onely quality doth abound; and foure *Compounded*, from whence two Symbolizing qualities are predominant, and one other, which we call *ad pondus*, which is of all these fore-said qualities, which are in *æquilibrio*, that is to say in equall measure and degree.

Of all these, the Complexion of *Cacao* is composed, since there arise two qualities, which are cold, and dry; and in the substance, that rules them, hath it *restringent* and *obstructive*, of the nature of the Element of the *Earth*. And then, as it is a Mixe, and not a simple Element, it must needes have parts correspondent to the rest of the Elements; and particularly, it partakes (and that, not a little) of those, which correspond with the Element of Aire, that is, Heat and Moysture, which are governed by the Unctuous parts; there being drawne out of the *Cacao* much Butter, which, in the *Indies* I have seene drawne out of it, for the Face, by the *Criollas*.

It may Philosophically be objected, in this manner: *Two contrary Qualities, and Disagreeing, cannot be*, in gradu intenso, *in one and the same Subject*: Cacao *is cold and drie, in predomineney: Therefore, it cannot have the qualities contrary to those; which are Heate, and Moysture. The first Proposition is most certaine, and grounded upon good Philosophy: The second is consented unto, by all: The third, which is the Conclusion, is regular.*

It cannot be denyed, but that the *Argument* is very strong, and these reasons being considered by him of *Marchena*, have made him affirme, that *Chocolate* is Obstructive; it seeming to be contrary to Philosophy, that it there should bee found *Heate* and *Moysture*, *in gradu intenso*; and to be so likewise in *Cold* and *Dry*.

To this, there are two things to be answered: One, that he never saw the experience of drawing out the Butter, which I have done; and that when the *Chocolate* is made without adding any thing to the dryed Powder, which is incorporated, onely by beating it well together, and is united, and made into a Paste, which is a signe that there is a moist, and glutinous part, which, of necessity, must correspond with the Element of Aire.

The other reason, we will draw from Philosophy; affirming that, in the *Cacao*, there are different Substances. In the one, that is to say, in that, which is not so fat, it hath a greater quantity of the Oylie, then of the earthy substance; and in the fatter parts, it hath more of the earthy than of the Oily substance. In these there is Heat and Moysture in predominancy; and in the other, cold and dry.

Notwithstanding that it is hard to be believed, that in one and the same substance, and so little of the *Cacao*, it can have substances so different: To the end that it may appeare more easie, cleare, and evident, first we see it in the *Rubarbe*, which hath in it hot and soluble parts, and parts which are Binding, Cold and Dry; which have a vertue to strengthen, binde, and stop the loosenesse of the Belly: I say also, that hee that sees, and considers the steele, so much of the Nature of the earth, as being heavy, thicke, cold, and dry; it seemes to be thought unproper for the curing of Opilations, but rather to be apt, to encrease them; and yet it is given for a proper remedy against them.

This difficulty is cleared thus, that though it be true, that it hath much of the Earthy part; yet it hath also parts of Sulphur, and of Quick-silver, which doe open, and disopilate; neither doth it so, untill it be helped by Art, as it is ground, stirred, and made fine, in the preparing of it; the Sulphurous parts, and those of Quick-silver, being thinne, active, and penetrative, they mingle, at the last with those parts, which are

Earthy

Earthy and astringent: Insomuch, that they being mingled after this manner, one with another, we cannot now say, that the steele is astringent, but rather, that it is penetrative, attenuating, and opening. Let us prove this Doctrine by Authorities; and let the first be from *Gallen, lib.* 3. of the qualities of Simples, *cap.* 14. Where, first of all he teacheth, that almost all those Medicines, which, to our sence, seeme to bee *Simple*, are notwithstanding naturally *Compounded*, containing in themselves contrary qualities; and that is to say, a quality to expell, and to retaine; to incrassate, and attenuate; to rarifie, and to condense. Neither are we to wonder at it, it being understood, that in every fore-said Medicine, there is a quality to heate, and to coole; to moisten and to dry. And whatsoever Medicine it bee, it hath in it, thicke, and thinne parts; rare, and dense; soft, and hard. And in the fifteenth Chapter following, in the same Booke, hee puts an example of the Broth of a Cocke, which moves the Belly; and the Flesh hath the vertue to binde. He puts also the example of the *Aloes*, which if it be washt, looseth the Purgative vertue; or that which it hath, is but weake.

That this differing vertue, and faculty, is found in divers substances, or parts of simple Medicaments, *Gallen* shewes in the first Booke of his simple Medicines, and the seventeenth Chapter, bringing the example of Milke; in which, three substances are found, and separated, that is to say, the substance of Cheese, which hath the vertue to stop the Fluxe of the Belly; and the substance of Whay, which is Purging; and Butter, as it is expressed in the said *Gallen*, *Cap.* 15. Also we finde in Wine which is in the Must, three substances, that is to say, earth, which is the chiefe; and a thinner substance, which is the flower, and may be called the scum, or froath: and a third substance, which we properly call Wine; And every one of these substances, containes in it selfe divers qualities, and vertues; in the colour, in the smell, and in other Accidents.

Aristotle in the fourth Booke of the Meteors and the first Chapter, treating of Putrifaction, hee found the same substances; and in the second Chapter next following, where he that is curious, may read it. And also by the doctrine of *Galen*, and of *Aristotle*, divers substances are attributed to every of the mixt under one and the same forme and quantity; which is very conformable to reason, if we consider, that every Aliment, be it never so simple, begets, and produceth in the liver, foure humours, not onely differing in temper, but also in substance; and begets more or lesse of that humour, according as that Aliment hath more or fewer parts corresponding to the substance of that humour, which is most ingendred. And so in cold diseases, we give warme nourishment, and cold nourishment, in hot diseases.

From which evident examples, and many others, which we might produce to this purpose, wee may gather, that, when we grinde, and stirre the *Cacao*, the divers parts, which Nature hath given it, doe artificially, and intimately mixe themselves one with an other; and so the tuctuous, warme, and moist parts, mingled with the earthy (as we have said of the steele) represses, and leaves them not so binding, as they were before; but rather with a mediocritie, more inclining to the warme, and moist temper of the Aire, then to the cold and dry of the Earth; as it doth appeare when it is made fit to drinke; that you scarce give it two turnes with the Molinet when there riseth a fatty scumme: by which you may see, how much it partaketh of the Oylie part.

From which doctrine I gather, that the Author of *Marchena*, was in an errour; who, writing of *Chocolate*, saith, that it causeth Opilations, because *Cacao* is astringent; as if that astriction were not corrected, by the intimate mixing of one part with an other, by meanes of the grinding, as is said before. Besides, it having so many ingredients, which are naturally hot, it must of necessity have this effect; that is to say,

to

to open, attenuate, and not to binde; and, indeed, there is no cause of bringing more examples, or producing more reasons, for this truth, then that which we see in the *Cacao* it selfe: which, if it be not stirred, and compounded, as aforesaid, to make the *Chocolate*. But eating of it, as it is in the fruite, as the *Criollas* eate it in the *Indies*, it doth notably obstruct, and cause stoppings; for no other cause but this, that the divers substances which it containes, are not perfectly mingled by the mastication onely, but require the artificiall mixture, which we have spoken of before.

Besides, our Adversary should have considered, and called to his memory, the first rudiments of Philosophy, That, *à dicto secundum quid, ad dictum simpliciter, non valet consequentia*; As it is not enough to say, the Black-a-Moore is white, because his teeth are white; for hee may bee blacke, though he have white teeth; and so it is not enough to say, that the *Cacao* is stopping; and therefore the Confection, which is made of it, is also stopping.

The Tree, which beares this fruit, is so delicate; and the earth, where it growes, is so extreame hot, that to keepe the tree from being consumed by the Sun, they first plant other trees; and when they are growne up, to a good height, then they plant the *Cacao*-trees; that when it first showes it selfe above the ground, those trees, which are already growne, may shelter it from the Sunne; and the fruit doth not grow naked, but ten or twelue of them are in one Gorde or Codde, which is of the bignes of a great blacke Figge, or bigger, and of the same forme, and colour.

There are two sorts of *Cacao*; the one is common, which is of a gray colour, inclining towards red; the other is broader, and bigger, which they call *Patlaxte*, and this is white, and more drying, whereby it causeth watchfulnes, and drives away sleepe, and therefore it is not so usefull, as the ordinary. This shall suffice to be said of the *Cacao*.

And as for the rest of the ingredients, which make our *Chocolaticall* Confection, there is notable variety; because some doe put into it blacke Pepper, and also *Tauasco*; which is not proper, because is is so hot and dry; but onely for one, who hath a very cold Liver. And of this opinion, was a certaine Doctor of the Universite of *Mexico*, of whom a Religious man of good credit told me, that he finding the ordinary round Pepper was not fit to bring his purpose about; and to the end, he might discover, whether the long red pepper were more proper, he made triall upon the liver of a Sheepe; and putting the ordinary pepper on one side, and the red pepper on the other, after 24. houres, the part, where the ordinary pepper lay, was dryed up; and the other part continued moist, as if nothing had bin throwen upon it.

A red roote like Madder.

Chile.

The Receipt of him who wrote at *Marchena*, is this: Of *Cacaos*, 700; of white Sugar, one pound and a halfe; Cinnamon, 2. ounces; of long red pepper, 14. of Cloves, halfe an ounce: Three Cods of the Logwood or Campeche tree; or in stead of that, the weight of 2. Reals, or a shilling of Anniseeds; as much of *Achiote*, as will give it the colour, which is about the quantity of a Hasell-nut. Some put in Almons, kernels of Nuts, and Orenge-flower-water.

Concerning this Receipt, I shall first say, This shooe will not fit every foote; but for those, who have diseases, or are inclining to be infirme, you may either adde, or take away, according to the necessity, and temperature of every one: and I hold it not amisse, that Sugar bee put into it, when it is drunke, so that it be according to the quantity I shall hereafter set downe. And sometimes they make Tablets of the Sugar, and the *Chocolate* together; which they doe onely to please the Pallats, as the Dames of *Mexico* doe use it; and they are there sold in shops, and are confected and eaten like other sweet-meats. For the Cloves, which are put into this drinke, by the Author aforesaid, the best Writers of this Composition

Composition use them not; peradventure upon this reason: that although they take away the ill savour of the mouth, they binde; as a learned Writer hath expreſt in theſe verſes:

Fœtorem emendant oris Cariophila fœdum;
Conſtringunt ventrem, primáq; membra juvant.

And becauſe they are binding (and hot and dry in the third degree) they muſt not be uſed, though they helpe the chiefe parts of Concoction, which are the ſtomacke, and the Liver, as appeares by the Verſes before recited.

The husks or Cods of Logwood, or Campeche, are very good, and ſmell like Fennell; and every one puts in of theſe, becauſe they are not very hot; though it excuſe not the putting in of Anniſ-ſeed, as ſayes the Author of this Receipt; for there is no *Chocolate* without it, becauſe it is good for many cold diſeaſes, being hot in the third degree; and to temper the coldneſſe of the *Cacao*; and that it may appeare, it helpes the indiſpoſition of cold parts, I will cite the Verſes of one, curious in this Art:

Morboſos renes, veſicam, guttura, vulvam,
Inteſtina, iecur, cumq; lyene caput
Confortat, varijſq; Aniſum ſubdita morbis
Membra: iſtud tantam vim leve ſemen habet.

The quantity of a Nut of the *Achiote* is too little to colour the quantity made according to his Receipt; and therefore, he that makes it, may put it in, as much as he thinkes fit. Tabaſco.

Thoſe, who adde Almons, and Nuts, doe not ill; becauſe they give it more body and ſubſtance then *Maiz*, or *Paniſo*, which others uſe; and for my part, I ſhou'd alwayes put it into *Chocolate*, for Almonds (beſides what I have ſaid of them before) are moderately hot, and have a thin juice; but you muſt not uſe new Almons, as a learned Author ſayes in theſe Verſes. A graine like Millet

Dat modicè calidum dulciſque Amigdala ſuccum;
Et tenuem; inducunt damna nova.

And

And the ſmall Nuts are not ill for our purpoſe; for they have almoſt the temper, which the Almons have; onely becauſe they are dryer, they come nearer the temper of Choler; and doe therefore ſtrengthen the Belly, and the Stomacke, being dryed: for ſo they muſt be uſed for the Confection; and they preſerve the head from thoſe vapours, which riſe from the Belly: as it appeares by the ſaid Author in theſe Verſes.

Bilis Avellanam ſequitur; ſed roborat aluum
Ventris, & à fumis liberat aſſa caput.

And therefore they are proper for ſuch as are troubled with ventuoſities, and *Hypochondriacall* vapours, which offend the brain, and there cauſe ſuch troubleſome dreames, and ſad imaginations.

Thoſe who mixe *Maiz*, or *Paniſo*, in the *Chocolate* doe very ill; becauſe thoſe graines doe beget a very melancholy Humour: as the ſame Author expreſſeth in theſe verſes.

Craſſa melancholicum præſtant tibi Panica ſuccum
Siccant, ſi ponas membra, gelantque foris.

It is alſo apparantly windy; and thoſe which mixe it in this *Confection*, do it onely for their profit, by encreaſing the quantity of the *Chocolate*; becauſe every *Fanega* or meaſure of *Grani* containing about a Buſhell and a halfe, is ſold for eight ſhillings, and they ſell this *Confection* for foure ſhillings a pound, which is the ordinary price of the *Chocolate*.

*Maiz, or Indian Wheat.

The *Cinamon* is hot and dry in the third degree; it provokes Urine, and helpes the Kidneys and Reynes of thoſe who are troubled with cold diſeaſes; and it is good for the eyes; and in effect, it is cordiall; as appeares by the Author of theſe verſes.

Commoda & urinæ Cynamomum & renibus affert;
Lumina clarificat, dira venena fugat.

The *Achiote* hath a piercing attenuating quality; as appeareth by the common practice of the Phyſitians in the *Indies*, experienced dayly in the effects of it, who doe give it to their Patients

Patients, to cut, and attenuate the groſſe humours, which do cauſe ſhortneſſe of breath, and ſtopping of urine ; and ſo it may be uſed for any kind of Opilations: for we give it for the ſtoppings, which are in the breaſt, or in the Region of the belly, or any other part of the Body.

And concerning the long red Peper, there are foure ſorts of it. One is called *Chilchotes:* the other very little, which they call *Chilterpin*; and theſe two kindes, are very quicke and biting. The other two are called *Tonalchiles*, and theſe are moderately hot ; for they are eaten with bread, as they eate other fruits, and they are of a yellow colour; and they grow onely about the Townes, which are in, and adjoyning to the Lake of *Mexico*. The other Pepper is called *Chilpaclagua*, which hath a broad huske; and this is not ſo biting as the firſt; nor ſo gentle as the laſt: and is that, which is uſually put into the *Chocolate*.

There are alſo other ingredients, which are uſed in this *Confection*. One called *Mechaſuchil*, and another which they call *Vinecaxtli*, which in the *Spaniſh* they call *Orejuelas*, which are ſweet ſmelling Flowers, Aromaticall and hot. And the *Mechaſuchil* hath a Purgative quality ; for in the *Indies* they make a purging potion of it. In ſtead of this, in *Spaine* they put into the *Confection*, powder of Roſes of *Alexandria*, for opening the Belly.

I have ſpoken of all theſe Ingredients, that every one may make choiſe of thoſe which pleaſe him beſt, or are moſt proper for his infirmities.

The second Point.

AS concerning the second poynt, I say, as I have said before, that though it be true, that the *Cacao* is mingled with all these Ingedients, which are hot; yet there is to be a greater quantity of *Cacao*, then of all the rest of the Ingredients, which serve to temper the coldnesse of the *Cacao*: Just as when wee seeke, of two Medicines of contrary qualities, to compound one, which shall be of a modera te temper: In the same manner doth result the same action and re-action of the cold parts of the *Cacao*, and of the hot parts of the other ingredients, which makes the *Chocolate* of so moderate a quality, that it differs very little from a mediocrity; and when there is not put in any ordinary pepper, or Cloves, but onely a little Annisseede (as I shall shew hereafter) we may boldly say, that it is very temperate. And this may be proved by reason, and experience: (supposing that which *Galen* sayes, to be true, that every mixt medicine, warmeth the cold, and cooleth the hot; bringing the example of Oyle of Roses.) By experience, I say, that in the *Indies* (as is the custome of that Countrey) I comming in a heat to visit a sicke person, and asking water to refresh me, they perswaded me to take a *Draught of *Chocolate*; which quencht my thirst: and in the morning (if I tooke it fasting) it did warme and comfort my stomacke. Now let us prove it by reason. We have already proved, that all the parts of the *Cacao* are not cold. For wee have made it appeare that the unctuous parts, which are many, be all hot, or temperate: then, though it be true, that the quantity of the *Cacao* is greater than of all the rest of the Ingredients,

*Hicara; the shell of a Nut to drinke in.

yet the cold parts are at the most, not halfe so many as the hot; and if for all this they should be more, yet by stirring, & mingling of the warme unctuous parts, they are much qualified. And, on the other side, it being mixt with the other Ingredients, which are hot in the second and third degree, being the predominant quality, it must needes be brought to a mediocrity. Like as two men, who shake hands, the one being hot, and the other cold, the one hand borrowes heat, and the other is made colder; and in conclusion, neither hand retains the cold, or heat it had before, but both of them remaine more temperate. So likewise two men, who goe to wrestle, at the first they are in their full vigour and strength; but after they have strugled a while, their force lessens by degrees, till at last they are both much weaker, than when they beganne to wrestle. And *Aristotle* was also of this opinion in his fourth Booke of the Nature of Beasts, *cap.* 3. Where he sayes, that every Agent suffers with the patient; as that which cuts, is made dull by the thing it cuts; that which warmes, cooles it selfe; and that which thrusts, or forceth forward, is in some sort driven backe it selfe.

From whence I gather that it is better to use *Chocolate*, after it hath beene made some time, a Moneth at the least. I believe this time to be necessary, for breaking the contrary qualities of the severall Ingredients, and to bring the Drinke to a moderate temper. For, as it alwayes falls out at the first, that every contrary will have it predominancy, and will work his owne, Nature not liking well to be heated and cooled, at the same time. And this is the cause why *Gallen* in his twelfth Booke of *Method*, doth advise not to use *Philonium*, till after a yeare, or, at the least, sixe moneths; because it is a composition made of *Opium* (which is cold in the fourth degree) and of Pepper, and other Ingredients, which are hot in the third degree. This Theorum, and Doctrine, is made good by the practise, which some have made, of whom I have asked, what

Chocolate did best agree with them? and they have affirmed, that the best is that which hath beene made some moneths; and that the new doth hurt by loosening the Stomack; And, in my opinion, the reason of it is, that the unctuous or fat parts, are not altogether corrected, by the earthy parts of the *Cacao*. And this I shall thus prove; for, as I shall declare hereafter, if you make the *Chocolate* boyle, when you drinke it, the boyling of it divides the fat and oyly part; and that makes a relaxation in the Stomacke in the old *Chocolate*, as well as if it were new.

So that I conclude in this second poynt, that the *Chocolaticall Confection* is not so cold as the *Cacao*, nor so hot as the rest of the Ingredients; but there results from the action and re-action of these Ingredients, a moderate temper which may be good, both for the cold and hot stomacks, being taken moderately, as shall be declared hereafter; and it having beene made a moneth at the least; as is already proved. And so I know not, why any man having made experience of this *Confection* (which is composed, as it ought to be, for every particular) should speake ill of it. Besides, where it is so much used, the most, if not all, as well in the *Indies*, as in *Spaine*, find, it agreeth wel with them. He of *Marchena* had no ground in saying, that it did cause Opilations. For, if it were so, the Liver being obstructed, it would extenuate its subject; and by experience; we see to the contrary, that it makes fat; the reason whereof I shall shew hereafter. And this shall suffice for the second Poynt.

The

The third Point.

HAving treated in the first poynt, of the definition of *Chocolate*, the quality of the *Cacao*, and of the other Ingredients; and in the second Point, of the Complexion, which results from the mixture of them; There remaines now in the third poynt, to shew the way how to mingle them: And first I will bring the best Receipt, and the most to the purpose, that I could find out; although it be true which I have said, that one Receipt cannot be given, which shall be proper for all; that is to be understood of those, who are sicke; for those that are strong, and in health, this may serve: and for the other (as I have said in the Conclusion of the first Poynt) every one make choyse of the Ingredients, as they may be usefull, to this, or that part of his body.

The Receipt is this.

TO every 100. *Cacaos*, you must put two cods of the *long red Pepper, of which I have spoken before, and are called, in the *Indian* Tongue, *Chilpurlagua*; and in stead of those of the *Indies*, you may take those of *Spaine*, which are broadest, and least hot. One handfull of Annis-seed *Orejuelas*, which are otherwise called *Vinacaxlidos*: and two of the flowers, called *Mechasuchil*, if the Belly be bound. But in stead of this, in *Spaine*, we put in sixe Roses of *Alexandria* beat to Powder: One Cod of *Campeche*, or Logwood: Two Drams of Cina-

*Chiles.

mon; Almons, and Hasle-Nuts, of each one Dozen: Of white Sugar, halfe a pound: Of *Achiote*, enough to give it the colour. And if you cannot have those things, which come from the *Indies*, you may make it with the rest.

The way of Compounding.

THe *Cacao*, and the other Ingredients must be beaten in a Morter of Stone, or ground upon a broad stone, which the *Indians* call *Metate*, and is onely made for that use: But the first thing that is to be done, is to dry the Ingredients, all except the *Achiote*; with care that they may be beaten to powder, keeping them still in stirring, that they be not burnt, or become blacke; and if they be over-dried, they will be bitter, and lose their vertue. The Cinamon, and the long red Pepper are to be first beaten, with the Annis-seed; and then beate the *Cacao*, which you must beate by a little and little, till it be all powdred; and sometimes turne it round in the beating, that it may mixe the better: And every one of these Ingredients, must be beaten by it selfe; and then put all the Ingredients into the Vessell, where the *Cacao* is; which you must stirre together with a spoone; and then take out that Paste, and put it into the Morter, under which you must lay a little fire, after the *Confection* is made. But you must be very carefull, not to put more fire, than will warme it, that the unctuous part doe not dry away. And you must also take care, to put in the *Achiote* in the beating; that it may the better take the colour. You must Searse all the Ingredients, but onely the *Cacao*; and if you take the shell from the *Cacao*, it is the better; and when you shall find it to be well beaten, and incorporated (which you shall know by the shortnesse of it) then with

with a spoone take up some of the Paste, which will be almost liquid; and so either make it into Tablets, or put it into Boxes, and when it is cold it will be hard. To make the Tablets, you must put a spoonefull of the paste upon a piece of paper, the *Indians* put it upon the leaf of a *Planten-tree*; where, being put into the shade, it growes hard; and then bowing the paper, the Tablet falls off, by reason of the fatnesse of the paste. But if you put it into any thing of earth, or wood, it sticks fast, and will not come off, but with scraping, or breaking. In the *Indies* they take it two severall waies: The one, being the common way, is to take it hot, with *Atolle*, which was the Drinke of the Ancient *Indians* (the *Indians* call *Atolle* pappe, made of the flower of *Maiz*, and so they mingle it with the *Chocolate*; and that the *Atolle* may be more wholsome, they take off the Huskes of the *Maiz*, which is windy, and melancholy; and so there remaines onely the best and most substantiall part.) Now, to returne to the matter, I say, that the other Moderne drinke, which the Spaniards use so much, is of two sorts. The one is, that the *Chocolate*, being dissolved with cold water, and the scumme taken off, and put into another Vessell, the remainder is put upon the fire, with Sugar; and when it is warme, then powre it upon the Scumme you tooke off before, and so drinke it. The other is to warme the water; and then, when you have put it into a pot, or dish, as much *Chocolate* as you thinke fit, put in a little of the warme water, and then grind it well with the molinet; and when it is well ground, put the rest of the warme water to it; and so drinke it with Sugar.

Besides these former wayes, there is one other way; which is, to put the *Chocolate* into a pipkin, with a little water; and let it boyle well, till it be dissolved; and then put in sufficient water and sugar, according to the quantity of the *Chocolate*; and then boyle it againe, untill there comes an oyly scumme upon it; and then drinke it. But if you put too much fire, it will

will runne over, and ſpoyle. But, in my opinion, this laſt way is not ſo wholſome, though it pleaſeth the pallate better; becauſe, when the Oily is divided from the earthy part, which remaines at the bottome, it cauſeth Melancholy; and the oily part looſens the ſtomacke, and takes away the appetite. There is another way to drinke *Chocolate*, which is cold; and it takes its name from the principall Ingredient, and is called *Cacao*; which they uſe at feaſts, to refreſh themſelves: and it is made after this manner. The *Chocolate* being diſſolved in water with the *Molinet*, take off the ſcumme, or craſſy part, which riſeth in greater quantity, when the *Cacao* is older, and more putrified. The ſcumme is laid aſide by it ſelfe in a little diſh; and then put ſugar into that part, from whence you took the ſcumme; and powre it from on high into the ſcumme; and ſo drinke it cold. And this drinke is ſo cold, that it agreeth not with all mens ſtomacks; for by experience we finde the hurt it doth, by cauſing paines in the ſtomacke, and eſpecially to Women. I could deliver the reaſon of it; but I avoyd it, becauſe I will not be tedious.

There is another way to drinke it cold, which is called *Cacao Penoli*; and it is done, by adding to the ſame *Chocolate* (having made the *Confection*, as is before ſet downe) ſo much *Maiz*, dryed, and well ground, and taken from the Huſke, and then well mingled, in the Morter, with the *Chocolate*, it falls all into flowre, or duſt: And ſo theſe things being mingled, as is ſaid before, there riſeth the Scum; and ſo you take and drink it, as before.

There is another way, which is a ſhorter and quicker way of making it, for men of buſineſſe, who cannot ſtay long about it; and it is more wholſome; and it is that, which I uſe. That is, firſt to ſet ſome water to warm; and while it warms, you throw a Tablet, or ſome *Chocolate*, ſcraped, and mingled with ſugar, into a little Cup; and when the water is hot, you powre the water to the *Chocolate*, and then diſſolve it with

the Molinet; and then, without taking off the scum, drinke it, as is before directed.

The fourth Part.

HEre remaines to be handled in the last Poynt, of the Quantity, which is to be drunke: at what Time; and by what persons; because if it be drunk beyond measure, not onely of *Chocolate*, but of all other drinkes, or meates, though of themselves they are good and wholsome, they may be hurtfull. And if any finde it Opilative, it comes by the too much use of it; as when one drinkes over much Wine, in stead of comforting, and warming himselfe, he breedes, and nourisheth cold diseases; because Nature cannot overcome it, nor turne so great a quantity into good nourishment. So he that drinks much *Chocolate*, which hath fat parts, cannot make distribution of so great a quantity to all the parts; and that part which remaines in the slender veines of the Liver, must needs cause Opilations, and Obstructions.

To avoyd this inconvenience; you must onely take five or sixe ounces, in the morning, if it be in winter; and if the party who takes it, be Cholericke, in stead of ordinary water, let him take the distilled water of Endive. The same reason serves in Summer, for those, who take it physically, having the Liver hot and obstructed. If his Liver be cold and obstructed, then to use the water of *Rubarb*. And to conclude, you may take it till the Moneth of *May*: especially in tem-

temperate dayes. But I doe not approve, that, in the Dog-dayes, it ſhould be taken in *Spaine*, unleſſe it bee one, who by cuſtome of taking it, receives no prejudice by it. And if he be of a hot Conſtitution, and that hee have neede to take it in that ſeaſon, let it, as is ſaid before, be mingled with water of *Endive*; and once in foure dayes, and chiefely when he finds his ſtomacke in the morning to be weake and fainting. And though it be true, that, in the *Indies*, they uſe it all the yeare long, it being a very hot Countrey; and ſo it may ſeeme by the ſame reaſon it may be taken in *Spaine*: Firſt, I ſay, that Cuſtome may allow it: Secondly, that, as there is an extraordinary proportion of heat, ſo there is alſo of moiſture; which helpes, with the exorbitant heate, to open the pores; and ſo diſſipates, and impoveriſheth our ſubſtance, or naturall vigor: by reaſon wherof, not only in the morning, but at any time of the day, they uſe it without prejudice. And this is moſt true, that the exceſſive heate of the Countrey, drawes out the naturall heat, and diſperſeth that of the ſtomacke, and of the inward parts: Inſomuch, that though the weather be never ſo hot, yet the ſtomacke being cold, it uſually doth good. I do not onely ſay this of the *Chocolate*, which, as I have proved, hath a moderate heat. But if you drink pure wine, be the weather never ſo hot, it hurts not, but rather comforts the ſtomack, and if in hot weather you drinke water, the hurt it doth is apparent, in that it cooles the ſtomacke too much; from whence comes a viciated Concoction, and a thouſand other inconveniences.

You muſt alſo obſerve, that it being granted, as I have ſaid, that there are earthy parts in the *Cacao*, which fall to the bottome of the Cup, when you make the drinke, divers are of the opinion, that, that which remaines, is the beſt and more ſubſtantiall; and they hurt themſelves not a little, by drinking of it. For beſides, that it is an earthy ſubſtance, thick, and ſtopping, it is of a melancholy Nature, and therefore you muſt

avoid

avoyd the drinking of it, contenting your selfe with the best, which is the most substantiall.

Last of all, there rests one difficulty to be resolved, formerly poynted at; namely, what is the cause, why *Chocolate* makes most of them that drinke it, fat. For, considering that all of the Ingredients, except the *Cacao*, doe rather extenuate, than make fat, because they are hot and drye in the third degree. For we have already said, that the qualities which doe predominate in *Cacao*, are cold, and dry; which are very unfit to adde any substance to the body. Nevertheless, I say, that the many unctuous parts, which I have proved to be in the *Cacao*, are those, which pinguifie, and make fat; and the hotter ingredients of this Composition, serve for a guide, or vehicall, to passe to the Liver, and the other parts, untill they come to the fleshy parts; and there finding a like substance, which is hot and moyst, as is the unctuous part, converting it selfe into the same substance, it doth augment and pinguifie. Much more might bee said from the grounds of Philosophy, and Physicke; but because that is fitter for the Schooles, than for this discourse, I leave it, & only give this Caution, that in my Receipt, you may adde Mellon-seeds, and seeds of Pompions of *Valencia*, dryed, and beaten into powder, where there is any heat of the Liver or Kidnyes. And if there be any obstructions of the Liver, or Spleene, with any cold distemper, you may mixe the powder of *Ceterach*; to which you may adde Amber, or Muske, to please the scent.

And it will be no small matter, to have pleased all, with this Discourse.

Errata.

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